THE PATIENT PERSPECTIVE

Facts and statistics show the enormous health care costs, years lived with disability, and mortality after a hip fracture due to osteoporosis. However, it is the patient experience that truly reveals the human burden of fragility fractures, which affect millions of people around the world.

For this reason, IOF has placed patients at the centre of its activities, giving 'patients a voice' to tell their stories, and to show the massive impact of osteoporosis on their lives.

“I FRACUTRED MY SPINE IN FIVE PLACES BY MERELY BENDING OVER THE CRIB TO PICK UP MY NEWBORN DAUGHTER... THE PAIN WAS RELENTLESS AND UNBEARABLE.

CHRISTINE, CANADA

IT’S IMPORTANT FOR ME TO PLAY WITH MY GRANDCHILDREN, AND I COULDN’T DO IT.

SUSAN, USA

I NEVER BELIEVED SOMETHING LIKE THIS COULD HAPPEN TO ME... AT NIGHT, THE THOUGHTS TEAR ME APART.

MORDECHAI, ISRAEL

HEALTH AUTHORITIES - LISTEN UP!
CHANGE NEEDS TO HAPPEN!
IOF is unique among international health NGOs. With a thriving membership that represents all stakeholders in the field, the Foundation is a powerful and influential global force for change on all fronts - from policy and public awareness, to research and medical best practice.

Our impactful scientific and educational outreach is embodied by the annual IOF-ESCEO World Congress. The 2018 Congress in Krakow, the largest event in the field, was an unequivocal success, with record abstract submissions, high quality presentations, and some 4000 international delegates.

IOF’s extensive regional outreach was exemplified by a well-attended 7th Asia-Pacific Regional Conference in Sydney. On this occasion IOF forged new regional alliances: the IOF-ISCD-AFOS Regional Alliance and the Asia-Pacific Fragility Fracture Alliance will enable us to share our expertise, benefit from synergies and broaden our influence in the region. Indeed, the year was marked by intensified cooperative efforts through joint sessions with SICOT (orthopaedics) and EUROD (kidney disease), among others. IOF has also been especially successful in mobilizing the community in Latin America and with the active participation of the Regional Advisory Council, a robust training programme was developed and included more than 20 courses and fous webinars.

The Capture the Fracture® (CTF) programme flourished in 2018, surpassing a key milestone with 327 FLS in 41 countries at year’s end. The popular CTF educational webinars supported global education, and four FLS workshops promoted FLS implementation in Asia-Pacific, Latin America and the Middle East.

World Osteoporosis Day is well entrenched as a focal point for global advocacy, and participation in this annual event increases year by year, with 2018 seeing a record number of events held. In April IOF launched an interactive, referenced ‘Calcium Map’, with related educational resources, which reveals the low levels of calcium intake in many regions of the world. Extensive outreach, particularly in the regions most affected, continues to take place.

IOF mobilizes policy makers and sets out the strategies urgently needed as a response to the worldwide fragility fracture crises. In 2018 IOF issued a new report in cooperation with member societies in six European countries. We expect that the ‘Broken bones broken lives’ report, which presents new data on the human, societal and health economic costs of fragility fractures, will be an important advocacy tool for use by the member societies going forward.

I am delighted to say that IOF’s structural and financial realignment of the past two years has been a triumph. Thanks to strict cost-cutting and organizational changes, we will end 2018 on a sound financial footing. I congratulate the staff and Executive Committee for their efforts.

In closing I should like to convey my thanks to the entire IOF community for their commitment. Our phenomenal membership continues to grow and strengthen our collective potential to drive change and effective action on fracture prevention around the world.
MESSAGE FROM THE CEO

In many ways, the year 2018 has been both challenging and very successful. Notwithstanding the difficulties that all the organizations working in the bone field are facing, IOF’s dedicated staff, leadership and membership community, have once again carried out successful projects that will help make a difference to patients worldwide.

Several projects were especially undertaken to improve the day-to-day communications with our target audiences, members and stakeholders. We were pleased to launch ‘The 206’ newsletter which features both IOF news as well as the work of our members and our Capture the Fracture programme. We also began work on a new platform which is not just technically up-to-speed, but also better meets the information needs of our target audiences. This was a major project during the year, and we look forward to presenting our attractive new website in the spring of 2019.

In seeking to empower patients, a critical step is improving awareness of the life-changing impact of broken bones due to osteoporosis. The ‘Give Patients a Voice’ video project, which was carried out in cooperation with IOF member societies, features testimonials of patients who share their personal stories of life with osteoporosis. This was a fantastic project which will have long-term impact and outreach via social media.

Osteoporosis is a disease that suffers from neglect on many fronts. IOF is therefore committed to mobilizing policy makers to carry out the necessary radical health policy changes regarding osteoporosis, fragility fractures, identification of at-risk patients, and reimbursement of diagnosis and treatment. These efforts are set in motion at the global level and implemented locally with the close collaboration of IOF national and regional member societies. Our new 2018 report ‘Broken bones, broken lives: A roadmap to solve the fragility fracture crisis in Europe’ underlines this commitment.

I would also like to take this opportunity to express my thanks to our members, and particularly to our member societies, the CNS, which represent the backbone of IOF. Their strong support and enthusiastic involvement in IOF operations is essential to our success and to the effectiveness of our many projects and programmes.

Working together, we are stronger and more effective. IOF was therefore pleased to reinforce our ties with other influential organizations with the launch of the IOF-ISCD-AFOS Regional Alliance, and the Asia Pacific Fragility Fracture Alliance. These new platforms for collaborative efforts in the Asia-Pacific will lead to more targeted and effective action in the region.

Despite all the efforts of our community, fragility fractures remain a major burden for patients worldwide. More than ever, IOF remains extremely committed to making progress and change happen for the sake of patients in all regions of the world. Patients deserve more than hope, they deserve a firm commitment from all stakeholders that the future will bring change for the better.
The International Osteoporosis Foundation (IOF) is the world’s largest non-governmental organization dedicated to the prevention, diagnosis, and treatment of osteoporosis and related musculoskeletal diseases.

Together with its key membership committees, the International Osteoporosis Foundation is strongly committed to its mission of promoting bone and musculoskeletal health as a worldwide priority.

KEY GOALS AND PRIORITIES

HEALTHCARE PROFESSIONALS
Educate, train & promote best practice

RESEARCHERS
Support innovative research & promote young investigators

PATIENTS
Empower, educate & mobilize

GENERAL PUBLIC
Inform & promote good bone health

PATIENT SOCIETIES
Support, maximize outreach & effectiveness

POLICY MAKERS
Alert to burden, engage & drive action

RELATED ORGANIZATIONS
Build alliances & identify common strategies

CORPORATE PARTNERS
Encourage support for effective programmes & projects
Founded in 1998, the IOF is the largest and most influential global organization dedicated to fracture prevention and improving musculoskeletal health. Its membership includes leading scientific experts, patient and medical societies, and other stakeholders in the broader non-communicable disease arena.

**MEMBER SOCIETIES**

Representing 6 billion voices of the total world population.

**BOARD**

- Members: 20
- Members from 5 global regions

**EXCO**

- Executive Committee: 6
- Subgroup of the Board

**CSA**

- Committee of Scientific Advisors: 159
- Of the world’s leading experts

**CNS**

- Committee of National Societies: 240
- Patient & Medical Societies

**RAC**

- Regional Advisory Councils: 3
- Across Asia Pacific, Middle East & Africa and Latin America

**CCA**

- Committee of Corporate Advisors: 13
- Companies interested in bone health
GLOBAL REPRESENTATION AND OUTREACH

Headquarters in Europe, regional offices and representation in Latin America, Middle East and Asia-Pacific (Buenos Aires, Dubai and Bali respectively)

World Congress and Asia-Pacific Regional conference, with total of 5000 delegates (Krakow and Sydney respectively)

Calcium Map Roundtables/ Symposia (Krakow, Sydney)

Capture the Fracture FLS Workshops & Onsite trainings (Montreal, Yaroslavl, Buenos Aires, Sao Paolo, Riyadh, Sydney respectively)

Osteoporosis Essentials Courses (Jakarta (Indonesia), Rio de Janeiro (Brazil), Guadalajara (Mexico), Kaohsiung City (Taiwan), Taipei City (Taiwan), Taichung City (Taiwan), New Delhi & Mumbai (India), Uppsala (Finland), Bucharest (Romania), Dublin (Ireland), San José (Costa Rica), Halifax (Canada), Tehran (Iran), Doha (Qatar), Ortaca & Mugla (Turkey), Sydney (Australia)
Comprising four representatives from each of five world regions, the 20 elected members of the IOF Board (term 2016-2020) reflect IOF’s strong commitment to a high level of international representation and coordination.

**BOARD MEMBERS**

**ELECTED BOARD MEMBERS**

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<thead>
<tr>
<th>ASIA-PACIFIC &amp; S. AFRICA</th>
<th>EUROPE</th>
<th>LATIN AMERICA</th>
<th>MIDDLE EAST &amp; AFRICA</th>
<th>NORTH AMERICA</th>
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<tbody>
<tr>
<td>Peter Ebeling AUS</td>
<td>Maria-Luisa Brandi ITA</td>
<td>Claudia Campusano CHL</td>
<td>Gemma Adib SYR</td>
<td>Jonathan Adachi CAN</td>
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<td>Ambrish Mithal IND</td>
<td>John Kanis GBR</td>
<td>Patricia Clark MEX</td>
<td>Basel Masri JOR</td>
<td>Mary Bouxsein USA</td>
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<td>Hajime Orimo JPN</td>
<td>Eugene McCloskey GBR</td>
<td>Oswaldo Daniel Messina ARG</td>
<td>Riyadh Sulimani SAU</td>
<td>Bess Dawson-Hughes USA</td>
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<td>Ego Seeman AUS</td>
<td>René Rizzoli CHE</td>
<td>Cristiano Zerbini BRA</td>
<td>Leith Zakraoui TUN</td>
<td>Michael McClung USA</td>
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**EX-OFFICIO MEMBERS**

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<thead>
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<th>COMMITTEE CHAIRS</th>
<th>JOURNAL EDITORS</th>
<th>EXECUTIVE COMMITTEE</th>
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<tr>
<td>Chair CSA: Serge Ferrari</td>
<td>Felicia Cosman</td>
<td>IOF President: Cyrus Cooper</td>
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<td>Vice-Chair CSA: Nicholas Harvey</td>
<td>Stuart Ralston</td>
<td>Honorary President: John Kanis</td>
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<td>Chair CNS: Jean-Yves Reginster</td>
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<td>Secretary General: Bess Dawson-Hughes</td>
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<td>Chair CNS Patient Societies</td>
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<td>Treasurer: René Rizzoli</td>
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<td>Subcommittee: Famida Jiwa</td>
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<td>CSA Chair: Serge Ferrari</td>
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<tr>
<td>Chair CCA: Lorie Fitzpatrick</td>
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<td>CNS Chair: Jean-Yves Reginster</td>
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<tr>
<td>Vice-Chair CCA: Pascale Richetta</td>
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</tbody>
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**MEMBERSHIP COMMITTEES**

- COMMITTEE OF SCIENTIFIC ADVISORS (CSA) - 159
- COMMITTEE OF NATIONAL SOCIETIES (CNS) - 240
- COMMITTEE OF CORPORATE ADVISORS (CCA) - 13
Three Regional Advisory Councils (RAC) support the efforts of national osteoporosis societies in Latin America, the Middle East & Africa, and Asia-Pacific & South Africa. RAC members, elected by the CNS in the region, determine programming priorities for their respective regions, in line with IOF’s global strategy.

**REGIONAL ADVISORY COUNCILS**

**LATIN AMERICA REGION**

José Zanchetta ARG (CHAIR)
Oscar Neira CHL (América del Sur - ARG, CHL, URY)
Luis Vidal Neira PER (Région Andina - BOL, ECU, PER)
Rosa Maria Pereira (BRA)
Adriana Medina Orjuela COL (Région Caribe - COL, VEN)
Sonia Cerdas Pérez CRC (América Central - CRI, PAN, DOM)
Sergio Gutiérrez Ureña MEX (Mexico)

**MIDDLE EAST & AFRICA REGION**

Ahmad Al Mortagi EGY
Farid Bedran LBN
Nizar Abdulateef IRQ
Eghbal Taheri IRN

**ASIA-PACIFIC & S. AFRICA REGION**

Joon Kiong Lee MYS (CHAIR)
Manoj Chadha IND
Manju Chandran SGP
Tobias de Villiers ZAF
Edith Ming-Chu Lau HKG
Tony Setiabudhi IDN
Atsushi Suzuki JAP
Keh-Sung Tsai TWN
Thanut Valleenukul THA
Weibo Xia CHN

**EX-OFFICIO IOF BOARD MEMBERS**

Claudia Campusano CHL
Patricia Clark MEX
Osvaldo Daniel Messina ARG
Cristiano Zerbini BRA

Gemma Adib SYR (CHAIR)
Basel Masri JOR
Riyad Sulimani SAU
Leith Zakraoui TUN

Peter Ebeling AUS
Ambrish Mithal IND
Hajime Orimo JPN
Ego Seeman AUS
The CSA comprises 159 of the world’s leading research and clinical experts, elected to the committee by their peers based on scientific merit and experience. The CSA ensures that IOF has an influential and important global reach in the science and medical arena. Through topic-specific Working Groups, the CSA also publishes influential papers which impact on global research and clinical best practice. The CSA objectives, are to:

- Advise the Board in scientific matters related to IOF;
- Further IOF’s clinical and research objectives;
- Support national policy changes relating to musculoskeletal health;
- Provide their expertise regarding scientific content of IOF’s courses and congresses;
- Provide recommendations for practice in the care of osteoporosis at the global level.

NEWLY ELECTED MEMBERS IN 2018:

IOF welcomed the following newly elected members to the CSA: N Al-Daghri (Saudi Arabia), G Duque (Australia), J-F Kaux (Belgium), S Morin (Canada), Weibo Xia (China) and L Zakraoui (Tunisia).
FULL MEMBERS

Bo Abrahamsen (Denmark)
Jonathan D. Adachi (Canada)
Donato Agnusdei (Italy)
Kristina Åkesson (Sweden)
Nasser Al-Daghri (Saudi Arabia)
Mohammed-Salleh Ardawi (Saudi Arabia)
Douglas C. Bauer (USA)
Jürgen Bauer (Germany)
Zhanna Belaya (Russia)
Gerolamo Bianchi (Italy)
John P. Bilezikian (USA)
Neil C. Binkley (USA)
Emmanuel Biver (Switzerland)
Robert Blank (USA)
Jean-Jacques Body (Belgium)
César Bogado (Argentina)
Fredrik Borgström (Sweden)
Mary L. Bouxsein (USA)
Maria Luisa Brandi (Italy)
Olivier Bruyère (Belgium)
Björn Buehring (Germany)
Bruno Muzzi Camargos (Brazil)
Jorge B. Cannata-Andia (Spain)
John Carey (Ireland)
Etienne Cavalier (Belgium)
Ding-Cheng Derrick Chan (Taiwan)
Marlene Chakthoura (Lebanon)
Manju Chandran (Singapore)
Roland Chapurlat (France)
Angela Cheung (Canada)
Thierry Chevalley (Switzerland)
Patricia Clark (Mexico)
Bart Clarke (USA)
Cyrille Confavreux (France)
Cyrus Cooper (UK)
Bernard Cortet (France)
Alfonso Cruz-Jentoft (Spain)
Bess Dawson-Hughes (USA)
Elaine Dennison (UK)
Tobias J. De Villiers (South Africa)
Jean-Pierre Devogelaer (Belgium)
Manuel Diaz-Curiel (Spain)
Adolfo Diez-Perez (Spain)
Hans Peter Dimai (Austria)
Gustavo Duque (Australia)
Richard Eastell (UK)
Peter Ebeling (Australia)
John Eisman (Australia)
Ghada El-Hajj Fuleihan (Lebanon)
Abdellah El Maghraoui (Morocco)
Klaus Engelke (Germany)
Patrice Fardellone (France)
Julio Fernandes (Canada)
Serge L. Ferrari (Switzerland)
Joseph A. Folde (Israel)
Patrick Garnero (France)
Piet Geusens (Belgium)
Claus Gluer (Germany)
Giuseppe Guglielmi (Italy)
Peyman Hadji (Germany)
Neveen Hamdy (Netherlands)
Didier Hans (Switzerland)
Nicholas C. W. Harvey (UK)
Mickael Hilgsmann (Netherlands)
Gerold Holzer (Austria)
Muhammad Kassim (India)
Helenah Johanson (Sweden)
Niklas Rye Jørgensen (Denmark)
Robert G. Josse (Canada)
John A. Kanis (UK)
Jean-Marc Kaufman (Belgium)
Jean-François Kaux (Belgium)
David Kendler (Canada)
Aliya Khan (Canada)
Marius Kraenzlin (Switzerland)
Nancy Lane (USA)
Bagher Ardestish Larijani (Iran)
Edith Lau (China)
Sarah Lekamwasam (Sri Lanka)
Willem Lems (Netherlands)
William Leslie (Canada)
Michael Lewiecki (USA)
Uri A. Liberman (Israel)
Stefania Maggi (Italy)
Laura Masi (Italy)
Eugene McCloskey (UK)
Michael McClung (USA)
Christian Meier (Switzerland)
Osvaldo D. Messina (Argentina)
Paul D. Miller (USA)
Ambrish Mithal (India)
Jorge Morales-Torres (Mexico)
Suzanne Morin (Canada)
Shige Yuki Muraki (Japan)
Nicola Napoli (Italy)
Julien Paccou (France)
Alexandra Papaioannou (Canada)
Socrates E. Papapoulos (Netherlands)
Daniel Pinto (USA)
Nick Pocock (Australia)
Daniel Prieto-Alhambra (UK)
Jean-Yves Reginster (Belgium)
René Rizzoli (Switzerland)
Ego Seeman (Australia)
Stuart Silverman (USA)
Manuel Sosa (Spain)
Atsushi Suzuki (Japan)
Pawel Szulc (France)
Rajesh Thakker (UK)
Samuel Vasikaran (Australia)
Kate Ward (UK)
Nelson B. Watts (USA)
Weibo Xia (China)
Noriko Yoshimura (Japan)
Leith Zakrouai (Tunisia)

CORRESPONDING MEMBERS

Heike Biscoff-Ferrari (Switzerland)
Jean-Philippe Bonjour (Switzerland)
Peter Burckhardt (Switzerland)
Narong Bunyaratavej (Thailand)
Daniel Chappard (France)
Juliet Compston (UK)
Hong-Wen Deng (USA)
Martina Dören (Germany)
Erik F. Eriksen (Norway)
Dieter Felsenberg (Germany)
Jose Luis Ferretti (Argentina)
Harry K. Genant (USA)
Jörg Goldhahn (Switzerland)
Shi-fu Guo (China)
Franz J. Jakob (Germany)
Moustapha Kassem (Denmark)
Annie Kung (Hong Kong, China)
Hua Lin (China)
Robert Lindsay (USA)
Paul Lips (Netherlands)
Roman S. Lorenc (Poland)
George P. Lyritis (Greece)
Jay Magaziner (USA)
David Marsh (UK)
Toshio Matsumoto (Japan)
Toshitaka Nakamura (Japan)
Sergio Ortolfani (Italy)
Eric S. Orwoll (USA)
Mario Passeri (Italy)
Gyula Pósfai (Hungary)
Christian Pouliart (Belgium)
Jonathan Reeves (UK)
Ian R. Reid (New Zealand)
Gregorio Riera Espinoza (Venezuela)
Johann Ringe (Germany)
Markus J. Seibel (Australia)
Alan J. Silman (UK)
Ethel S. Siris (USA)
Nikhil Tandon (India)
Jan Stepan (Czech Republic)
Christian Wüster (Germany)
Ling Xu (China)
José Zanchetta (Argentina)
Roger Zebaze (Australia)
The CNS is a key IOF membership committee, comprising national and regional patient and medical societies dedicated to osteoporosis and musculoskeletal health. In 2018 the CNS included 240 member societies from 99 countries, regions or territories. A list of member societies is found on page 16.

**CNS MEDAL**

This prestigious annual award recognizes outstanding commitment and achievements among individual members within IOF’s CNS. **In 2018 the Medal was awarded to Professor Bagher Larijani**, founding Director-General and Chief Scientific Officer of EMRI in Iran, and a long-time active member of the IOF community.

**CNS VILLAGE AND BEST BOOTH AWARD**

The great work of the CNS was shown at attractive and informative booths in the Committee of National Societies (CNS) Village during the World Congress in Krakow, Poland (14 booths) and at the IOF Regional Asia-Pacific Conference in Sydney (13 booths). We congratulate ‘Osteorus’ and RAOP whose joint booth in Krakow was selected for ‘Best Booth’ award.
CNS SESSIONS IN KRAKOW AND SYDNEY

CNS members had the opportunity to showcase their research at a special session of the World Congress, held in Krakow. 11 oral presentations from 10 countries presented a wide range of clinical research. CNS oral sessions at the World Congress help to highlight the important local research undertaken by IOF member medical and patient societies. At the IOF Regional meeting in Sydney, a special CNS session was dedicated to mapping calcium intake with focus on Asia-Pacific regional specificities.

CNS SUMMIT IN ARMENIA

The 2nd Summit for Eurasian and Eastern European societies, held in Yerevan, Armenia on October 23, 2018 was a highly valued networking and capacity-building event for IOF member societies and other patient and medical organizations in the Eastern European and Eurasian region. The Summit was hosted by the Armenian Osteoporosis Association, bringing together IOF member societies from 19 countries. The participants discussed the issues and problems in their countries, in which they play an important role in promoting prevention and treatment for at-risk patients. IOF CEO Philippe Halbout stated “I am delighted to see the quantity and quality of the education and awareness campaigns, and the widespread use of IOF resources by the organizations in this region.” The Summit was followed by the 12th Annual Int. Osteoporosis Symposium in Armenia, which shared the latest clinical developments with health professionals in the region.

CNS WEBINARS

To help increase outreach to healthcare professionals in the region, IOF experts led informative webinars focused on topics of interest selected by the RACs. These included: Sarcopenia in Latin America (88 attendees, input from local RAC), Osteoporosis Treatment (101 attendees) in Asia-Pacific, Cancer and Osteoporosis (42 attendees) in the Middle-East & Africa.

IOF GLOBAL PATIENT CHARTER

Since its launch in 2017, the CNS has been involved in outreach around this important IOF-CNS collaborative initiative. To date, 89 organizations have officially endorsed the publication. IOF thanks the CNS societies which circulated the petition at their events in conjunction with World Osteoporosis Day.
CNS MEMBERS

ASIA-PACIFIC

AUSTRALIA Osteoporosis Australia • Australian and New Zealand Bone & Mineral Society

CHINA China Health Promotion Foundation (CHPF) • Osteoporosis Committee of China Gerontological Society • China Osteoporosis Foundation (COF)

CHINESE TAIPEI Asian Pacific Osteoporosis Foundation (APOF) • Taiwanese Osteoporosis Association

HONG KONG-CHINA Hong Kong Osteoporosis Foundation • Osteoporosis Society of Hong Kong

INDIA Arthritis Foundation of India Trust (AFI) • Indian Menopause Society • Indian Rheumatology Association • Osteoporosis Foundation India (OFI) • Osteoporosis Society of India (OSI) • Indian Society for Bone and Mineral Research (ISBMR)

INDONESIA Indonesian Healthy Bone Foundation (PERWATUSI) • Indonesian Osteoporosis Society (PEROSI) • Indonesian Society of Gerontology

JAPAN Japan Osteoporosis Foundation (JOF) • Japan Osteoporosis Society (JOS) • Japanese Society for Bone and Mineral Research (JSBMR)

KOREA Korean Society for Bone and Mineral Research (KSBMR) • Korean Society of Osteoporosis

MALAYSIA Malaysian Osteoporosis Society • Osteoporosis Awareness Society of Kuala Lumpur

NEW ZEALAND Osteoporosis New Zealand Inc.

PAKISTAN Gujranwala Osteoporosis Patient Society • Osteoporosis Society of Pakistan • Pakistan Society for the Rehabilitation of the Disabled

PHILIPPINES Osteoporosis Society of the Philippines Foundation Inc.

SINGAPORE Endocrine and Metabolic Society of Singapore • Osteoporosis Society (Singapore)

SRI LANKA Osteoporosis Society of Sri Lanka

THAILAND Thai Osteoporosis Foundation (TOPF) • Thailand Metabolic Bone Disorder and Orthogeriatics Society

VIETNAM Vietnam Rheumatology Association (VRA)

EUROPE

ARMENIA Armenian Osteoporosis Association

AUSTRIA Austrian Menopause Society • Austrian Society for Bone & Mineral Research (AUSMBR) • Action for Healthy Bones • Dachverband deutschsprachiger Osteoporose Selbsthilfeverbände und patientenorientierter Osteoporose Organisationen e. V. (DOP) • European Union Geriatric Medicine (EUGMS) • National Osteoporosis Patient Society Austria

BELARUS Belarusian Public Association Fight Osteoporosis Together • Woman and Family

BELGIUM Belgium Bone Club • Royal Belgian Rheumatology Society • European Society for Clinical And Economic Aspects Of Osteoporosis And Osteoarthritis (ESCEO)

BOSNIA-HERZEGOVINA Society for Osteoporosis in Federation Bosnia-Herzegovina

BULGARIA Association Women Without Osteoporosis • Bulgarian League for the Prevention of Osteoporosis (BLPO) • Bulgarian Medical Society of Osteoporosis And Osteoarthritis • Bulgarian Society For Clinical Densitometry

CROATIA Croatian League Against Rheumatism • Croatian Osteoporosis Society

CYPRUS Cyprus Society Against Osteoporosis & Myoskeletal Diseases • Cyprus Society for Osteoporosis

CZECH REPUBLIC Czech Osteoporosis League • Czech Society for Metabolic Skeletal Diseases (SMOS) • Osteologic Academy Zlin

DENMARK Danish Bone Society • National Osteoporosis Foundation Denmark

ESTONIA Estonian Osteoporosis Society

FINLAND Finnish Bone Society • Finnish Osteoporosis Association

FRANCE Association des Femmes contre l'Osteoporose (AFCoP) • Femmes pour toujours • French League Against Rheumatism (AFLAR) • French Society for Clinical Densitometry (S.O.F.O.C.) • French Society of Orthopaedic and Trauma Surgery (SOFcot) • Research and Information Group On Osteoporosis (GRID)

GERMANY Committee For Healthy Bones • Deutsche Gesellschaft Für Osteologie • German Society For Endocrinology • Netzwerk Osteoporose E.V • Orthopädische Gesellschaft Für Osteologie (OGO) • Osteoporose Selbsthilfegruppen • Dachverband E.V (OSD) • Umbrella Organisation Of German Speaking Scientific Societies Of Osteology • Bundesselbsthilfeverband für Osteoporose (BfO) • Kuratorium Knochendurchschneidung e.V • European Menopause and Andropause Society

GEORGIA Georgian Association of Skeletal Metabolism Diseases • National Association of Osteoporosis • Osteoporosis Patient's Association of Georgia

GREECE Hellenic Endocrine Society • Panhellenic Association of Endocrinologists • Hellenic Foundation of Osteoporosis • Hellenic Society for the Study of Bone Metabolism • Butterfly • Bone Health Society

HUNGARY Hungarian Osteoporosis Patients Association (HOPA) • Hungarian Society for Osteoporosis and Osteoarthritis

ICELAND Icelandic Osteoporosis Society (BEINVERND)

IRELAND Irish Osteoporosis Society (IOS)

ISRAEL Israel Society On Calcified Tissue Research Metabolic Diseases • Israeli Foundation For Osteoporosis & Bone Diseases (IFOB)

ITALY European Women • Housewives Federation • Fondazione Raffaella Becagli (F.I.R.M.O.) • International Society for Fracture Repair (ISFR) • Italian Association of Osteoporosis Patients • Italian COPD Patient Association • Italian Federation of Osteoporosis and Diseases of the Skeleton (FEDIOS) • Italian Foundation for Research on Osteoporosis & Musculoskeletal Diseases (FIRMOMS) • Italian Osteoporosis League (LIOS) • Italian Society for Osteoporosis Mineral Metabolism & Skeletal Diseases (SIOMMMS) • Italian Society of Rheumatology (SIR) • ORTOMED • Osteoporosis Italian Association • Osteo Stop: Mediterranean Society for Osteoporosis & Other Skeletal Diseases (MSOSD)

KOSOVO Kosova Rheumatologic Society

KASAKHSTAN Doctor's Association on Osteoporosis

LATVIA Latvian Osteoporosis Patient and Invalid Association • Latvian Osteoporosis & Bone Metabolism Diseases Association

LITHUANIA Lithuanian Association of Metabolic Bone Diseases Incorporated in Lithuanian Endocrine Society • Lithuanian Osteoporosis Foundation

LUXEMBOURG Association Luxembourgoise d'Etude du Métabolisme Osseux et de L'Ostéoporose (ALEMO)

MACEDONIA Macedonian Applied Densitometry Association-DXA • Macedonian Osteoporosis Association

MALTA Malta Osteoporosis Society

MOLDOVA Association Against Osteoporosis of the Republic of Moldova ‘OLIMP’ • Association of Prophylaxis of Osteoporosis from Moldova

THE NETHERLANDS Dutch Osteoporosis Foundation • Osteoporosis Vereniging • National Association ReumaZorg Nederland

NORWAY Norwegian Osteoporosis Society

POLAND Healthy Bone Enthusiasts Society (STENKO) • Multidisciplinary Osteoporotic
For the full list of societies, please refer to the original document.
Through its world-class scientific conferences and training courses, support of innovative research, leading scientific publications, and important Working Group position statements, IOF is a much-respected leader at the forefront of clinical research and education in the field.

WORLD CONGRESS ON OSTEOPOROSIS, OSTEOARTHRITIS & MUSCULOSKELETAL DISEASES

This landmark annual event, held jointly with ESCEO, is the largest congress dedicated to musculoskeletal health in the world. It was held from April 19-22, 2018 in Krakow, Poland with close to 4000 delegates. The CME-accredited Congress presented findings from a record 1513 research abstracts and issued 565 grants and awards.

The high quality scientific programme included 10 plenary lectures, 4 Special Lectures, 13 Meet-the-Expert Sessions, 7 ESCEO Symposia, and 29 Non-Sponsored Symposia. As well there were 6 Sponsored Symposia and a vibrant exhibition hall. The programme highlighted the latest developments in a broad range of areas - from bone metabolism and pathology, to new strategies and options in the prevention, diagnosis and treatment of disorders such as sarcopenia and frailty.

Future IOF-ESCEO World Congresses are planned in Paris, France (April 4-7, 2019) and Barcelona, Spain (April 2-5, 2020).

IOF REGIONAL 7TH ASIA-PACIFIC OSTEOPOROSIS CONFERENCE

The IOF Regional Sydney ‘18, was a successful forum for regional research and scientific exchange that highlighted new research and clinical advances in the prevention, diagnosis and management of osteoporosis as well as key topics in osteoarthritis, osteosarcopenia and orthopaedic surgery.

With 650 health professionals from 69 countries attending, the Conference presented 272 research abstracts - the highest number accepted for an IOF Regional Conference to date.

The Conference was organized by IOF under the leadership of Professor John Kanis (UK) and Dr Manju Chandran (Singapore), and by Scientific Committee Chairs Professor Serge Ferrari (Switzerland) and Professor Joon Kiong Lee (Malaysia). Its wide ranging scientific programme included 7 Plenary Sessions, 11 Meet-the-Expert Sessions, ten oral presentations, three special sessions, three joint symposia, and three industry-sponsored symposia. Specific sessions focused on IOF’s Global Map of Dietary Calcium Intake, knee osteoarthritis, osteosarcopenia, falls prevention, and orthopaedic surgery, addressed other important topics related to bone, muscle and joint health.

The growing importance of global cooperation was reflected in the three joint symposia held at the conference - with Osteoporosis Australia (OA), the Australian & New Zealand Bone and Mineral Society (ANZBMS), and the Asia Pacific Orthopedic Association (APOA). This spirit of collaboration was also highlighted in the launch of two important new regional alliances (see page 33) at the Conference.

Additional highlights included the IOF-ISCD training course ‘Osteoporosis: Essentials of Densitometry, Diagnosis and Management’ held prior to the start of the conference and attended by some 130 clinicians and technologists, and the IOF-Agnovos Young Investigator Awards, presented to six researchers at a special oral session.
Every year, particularly on the occasion of the World Congress, IOF awards prestigious recognition to individuals for their scientific work and achievements. The following individuals received awards in 2018:

**IOF President’s Award**

The award, presented in recognition of outstanding achievements and dedicated support of IOF educational programmes, was presented to **Professor Hans Peter Dimai**, a longstanding member of IOF’s CSA.

**IOF Olof Johnell Science Award**

As a world-renowned investigator and osteoporosis advocate, **Professor Cyrus Cooper** was honoured for his outstanding contributions to scientific research and policy implementation in the musculoskeletal field.

**IOF Medal of Achievement**

**Professor Nicholas Harvey** was honoured for his role in advancing knowledge of osteoporosis through original and outstanding scientific contributions, as well as for his contributions as an educator and author who has given unstinting support to IOF educational initiatives.

**ESCEO-IOF Herbert A. Fleisch Medal**

The Medal was awarded to **Dr Charlotte Beaudart** in recognition of her outstanding research achievements in the musculoskeletal field, and specifically for her expertise in epidemiology and health-related quality of life assessment in sarcopenia.

**ESCEO-IOF Pierre Meunier Young Scientist Award**

**Dr Emmanuel Biver** of the Division of Bone Diseases, Geneva University Hospitals, was named winner of this prestigious award, granted in recognition of a researcher’s early achievements and promising future as an investigator in the field of musculoskeletal research.

IOF’s longstanding efforts to recognize and promote the work of young researchers in the bone field was continued at the IOF Regionals in Sydney. The six winners, who received a grant of 1000 USD and official recognition during a dedicated session are **D. Alarkawi**, **K. Holloway-Kew**, **H. Nguyen**, **F. Pan**, **D. Scott**, and **Y. Yang**.

**Osteoporosis: Essentials of Densitometry, Diagnosis and Management Course**

This joint IOF-ISCD initiative provides high-quality clinical training to improve diagnosis and patient care. Since its launch in 2013, 155 courses have been held worldwide for close to 10,000 participants. In 2018 a total of 19 courses, with optional attestation of achievement exam, were held in 17 countries across 4 continents. As well, updated course material was developed and provided on the course website [www.osteoporosis-essentials.org](http://www.osteoporosis-essentials.org). In 2018 IOF began work on the development of a new Course website, to be launched in early 2019.
COURSE ON GENETIC DISORDERS OF BONE

IOF’s previous courses, held in Geneva (2016) and in St Petersburg (2017), were very well received and revealed clinicians’ interest in information about diagnosis and management of rare skeletal diseases. A third course is planned in Tel Aviv from March 14-15, 2019. The courses continue the work of the Skeletal Rare Disease Working Group, which has published an important taxonomy and resource available on the IOF website.

HEALTH PROFESSIONAL TRAINING IN LATIN AMERICA

In September and October 2018, IOF Latin America carried out the IOF TOUR Nutrition and Bone 2018, held in Bogotá (Colombia), Mexico City and Guadalajara (Mexico), and San José (Costa Rica) for a total of 180 healthcare professionals. The seminars discussed the findings of the IOF Calcium Map related to low calcium intake in South America, the epidemiology of fractures, and controversies regarding supplementation. The events were coordinated by the IOF LATAM office together with member societies AMMOM, ACOMM, and ACCMYO. Faculty included Patricia Clark (Mexico), Adriana Medina Orjuela (Bogotá), Hilario Ávila Armengol (Guadalajara) and Sonia Cerdas Pérez (San José). The IOF TOUR Nutrition and Bone 2018 was a success! 98% attendees indicated topics were relevant to their clinical practice.

As well, 16 editions of the IOF TOUR ‘Trends in Osteoporosis’ took place in Brazil, and four Spanish/ Portuguese-language webinars were held on topics including sarcopenia, necrosis of the jaw and ACR updates on bone diseases. Two Capture the Fracture® webinars were held and two FLS workshops with participation by 30 institutions occurred in Sao Paulo and Buenos Aires. Educational sessions to train care-givers were held in Buenos Aires as part of an osteoporosis awareness campaign held in cooperation with the Agency for the elderly of the Buenos Aires City Hall, among others.

IOF Latin America’s dynamic digital communications in Spanish (including through dedicated Facebook and twitter accounts) also extends outreach about IOF scientific publications and projects to a wide healthcare professional audience in the region.

EUROD-IOF

This new IOF collaboration with the European Society of Nephrology (ERA-EDTA) nephrologists working on chronic kidney disease (CKD) is led by CSA Chair Serge Ferrari and CSA member Kassim Javaid. IOF has endorsed the EUROD CME, will participate in and promote the training session, and has circulated a questionnaire on osteoporosis management in CKD to all CSA members.

HIPGEN STUDY

IOF announced its participation in HIPGEN, a multi-center phase III clinical study under Horizon 2020 funding, to determine the efficacy, safety and tolerability of intramuscular injections of Allogeneic PLX-PAD Cells, for improved recovery following arthroplasty for hip fracture. The project, coordinated by the Charité Universitätsmedizin Berlin, involves a total of 9 partners from 8 countries. IOF’s role is to raise awareness about the project and the need for improved care following hip fractures by disseminating information through its large network, including patient societies, and among the broader community of healthcare professionals and health authorities. www.hipgen.eu
BONE TURNOVER MARKERS FOR ADHERENCE SCREENING

A recent IOF-ECTS position paper showed bone turnover markers are an efficient way to screen for adherence to oral bisphosphonates. To disseminate the findings, IOF published a new fact sheet featuring a helpful algorithm, slide set, and video interview.
CONGRESS HIGHLIGHTS & MULTIMEDIA RESOURCES

As it has for previous congresses, IOF prepared a concise slide kit and informative videos highlighting 25 key clinical research abstracts presented at the World Congress in Krakow. Themes included treatment, fracture, Skeletal Rare Disorders; bone and diabetes, nutrition, and arthritis. Two Symposia were also included: the ASBMR-IOF-ESCEO Symposium and ‘Clinical Application of Bone Markers’. The slide kit and the videos provide healthcare professionals, who are unable to attend IOF Congresses with clinical updates in a highly accessible format.

JOINT SCIENTIFIC SESSIONS

- Joint sessions at WCO-IOF-ESCEO 2018, Krakow, Poland, April 19-21, 2018: IOF-ESCEO Symposium (Nutrition & physical activity in sarcopenia); Joint ESPRM-ESCEO-IOF Symposium; Joint Educational Session EUGMS-ESCEO & IOF; Joint IOF-ESCEO-FFN Secondary Fracture Prevention / FLS
- Asia Pacific Regional Fragility Fracture Summit, Singapore, May 27, 2018
- BRS-IOF Symposium, Bone Research Society Annual Meeting, Winchester, UK, June 27, 2018
- ASBMR-IOF-FFN: Closing the Treatment Gap, ASBMR annual meeting, Montreal, Canada, September 29, 2018
- SICOT, Montreal, Canada, October 10-13, 2018
- Joint sessions at IOF Regional, Sydney, November 30 - December 1, 2018: Joint sessions IOF-OA, IOF-APOA, IOF-ANZBMS and IOF-OA-ANZBMS

IOF JOURNALS PORTFOLIO

IOF’s three peer-reviewed journals are leading publications in the bone field, and key assets in our mission to promote high quality research, medical innovation, and improved patient care. Regular online communication is carried out to promote the journal papers, and recognition for publishing excellence is awarded to authors of the journals’ most oft-cited papers.

OSTEOPOROSIS INTERNATIONAL

A leading forum for clinical research in the diagnosis, prevention and management of osteoporosis and related musculoskeletal diseases.

Editors-in-Chief: John A. Kanis, Felicia Cosman

2017 Impact Factor: 3.856, 5-year Impact Factor: 4.011

Ranked 40th of 143 journals in the category Endocrinology and Metabolism

CALCIFIED TISSUE INTERNATIONAL & MUSCULOSKELETAL RESEARCH

Publishing cutting edge preclinical and translational research in the bone and muscle field, including state-of-the-art reviews.

Editors-in-Chief: René Rizzoli, Stuart H. Ralston

2017 Impact Factor: 3.293, 5 Year Impact Factor: 3.315

Ranked 59th of 143 journals in the category Endocrinology and Metabolism

ARCHIVES OF OSTEOPOROSIS

This online journal, the sister publication of Osteoporos International, highlights clinical aspects of osteoporosis and is a forum of choice for regional research and guidelines.

Editors-in-Chief: John A. Kanis, Felicia Cosman

2017 Impact Factor 2.382

Ranked 100th of 143 journals in the category Endocrinology & Metabolism

Ranked 24th of 74 journals in the category Orthopaedics
The vast majority of fracture patients remain undiagnosed and untreated despite being at high risk of secondary fractures, resulting in increased mortality and morbidity, and healthcare costs. Fracture Liaison Services (FLS) are a clinically and cost-effective way for health-care systems to stop the fragility fracture cycle. The IOF-led multi-stakeholder Capture the Fracture® (CTF) programme has been leading the way in the promotion of best practices in secondary fracture prevention worldwide since its launch in 2012. Going from strength to strength, the programme’s key achievements of 2018 are outlined below.

The CTF Steering Committee comprises the following leading experts who provide scientific input and guidance for the programme: Cyrus Cooper, UK (IOF President); Serge Ferrari, Switzerland (Chair of CSA); Kassim Javaid, UK (Co-Chair); Kristina Akesson, Sweden (Co-Chair); Thierry Thomas, France; Willem Lems, The Netherlands; Paul Mitchell, New Zealand; and Donncha O’Gradaigh, Ireland.

A GROWING NETWORK – 300 MILESTONE ACHIEVED!
CTF’s Map of Best Practice is the only platform which gives global visibility and recognition to FLS around the world – and interest has been growing steadily, particularly in the Asia-Pacific and Latin America regions. A total of 80 new FLS joined the CTF network in 2018, bringing the total to 327 FLS in 41 countries - 32% more compared to the previous year. Among the 80 that joined, 30 (37%) came from Asia-Pacific and 17 (21%) came from Latin American countries.

New countries now represented on the Map are Philippines, Saudi Arabia and Sri Lanka. Together, the CTF network has seen more than 345 000 fragility fractures, among which are 35 325 hip fractures and 63 000 outpatients in need of care for secondary prevention.

Recognition and visibility for the growing CTF network included regular social media posts on Twitter and Facebook, as well as frequent news appearing in IOF’s e-newsletter ‘The 206’ and on the Capture the Fracture® and IOF websites.
EDUCATIONAL PROGRAMME

Eight multidisciplinary webinars provided educational training for healthcare professionals globally. The webinars gathered more than 990 live views, more than 2600 webinar page views, and more than 300 downloads of slide sets. The webinars covered key topics such as health economic benefits of FLS, management of high risk patients with fractures; and clinical detection of vertebral fractures. For the first time, a webinar was held in Russian, providing viewers with an overview of FLS and the CTF Best Practice Framework.

MENTORSHIP PROGRAMME

Now in its third year, the CTF Mentorship Programme has seen much demand from interested clinics around the world. The programme facilitates the transfer of knowledge and skills by connecting experienced FLS champions with institutions interested in initiating or improving their own FLS. As well as on-site trainings, FLS workshops for groups of interested clinics are offered.

In 2018, onsite trainings were held in Canada and Russia. Requests for onsite trainings are received regularly from across the globe. As well, a total of four FLS Workshops were held in Argentina, Brazil, Saudi Arabia and Australia.

CTF TAKES OFF IN JAPAN AND ASIA-PACIFIC

CTF was highlighted at a symposium on secondary fracture prevention at the annual FFN Japan meeting in Hamamatsu on March 2-4, 2018. This was the first time that CTF was presented by IOF to an exclusively Japanese audience, in Japanese. CTF Coordinator Masaki Fujita presented to 256 clinicians and allied healthcare professionals, the CTF programme, the resources and tools available for FLS implementation, how to apply the Best Practice Framework (BPF) and how to join the CTF initiative. After the meeting he had the opportunity to meet individually with local FLS teams. The meeting had considerable impact: prior to the meeting only one Japanese FLS was on the CTF Map of Best Practice, but by the end of 2018, there were 13.

The growing interest in the region is also reflected by the increase in the number of FLS in the Asia-Pacific registered with the CTF programme. Numbers jumped from 36 in 2017 to 65 from 10 countries in 2018, with Philippines and Sri Lanka as new countries represented on the Map.

JOINT SCIENTIFIC SESSIONS

IOF participated in 3 joint scientific sessions in 2018 dedicated to secondary fracture prevention and the CTF programme, in Krakow, Dublin and Montreal. At the IOF-FFN session during the 7th FFN Global Congress 2018 in Dublin, Kassim Javaid and Donncha O’Gradaigh of the CTF Steering Committee were co-speakers with CTF Coordinator Masaki Fujita. They presented effective strategies to improve secondary fracture prevention and discussed challenges of FLS, as well as key resources and tools provided by CTF. A joint ASBMR-IOF-FFN session at the ASBMR Annual Meeting in Montreal was dedicated to ‘Closing the Treatment Gap’, with the IOF President Cyrus Cooper presenting on the IOF perspective on how to close the gap worldwide.
WORLD OSTEOPOROSIS DAY

World Osteoporosis Day (WOD), held on October 20 each year, is a global campaign led by IOF to educate, raise awareness and urge action among all stakeholders, including the public, patients, at-risk individuals, healthcare professionals, and policymakers worldwide.

For IOF, its member societies, and advocates worldwide, WOD is a prime occasion to highlight the immense human and socioeconomic burden caused by osteoporosis and related fragility fractures, and an opportunity to change uninformed perceptions of a disease which still suffers from neglect at many levels.

INFORMATIVE NEW RESOURCES FOR A GLOBAL AUDIENCE

To appeal to an intergenerational audience, IOF created intriguing posters and social media banners with language and graphics that used a game thematic. With their ‘This is a sign’ tagline, 2018 posters highlighted warning signs of potential spinal fractures, the high risk of secondary fractures following first fragility fractures; and family history of osteoporosis as a risk factor.

An informative new brochure for the public and at-risk patients highlighted the signs and impact of spinal fractures, which have a devastating impact on quality of life and a high risk of subsequent potentially life-threatening fractures. In parallel, a concise leaflet outlined simple tips to help clinicians and radiologists with the timely identification and management of spine fractures in their patients.

Fact sheets on spine fractures and on anorexia nervosa, which can affect younger people and cause irreversible bone loss, also provided important information to a broader audience of patient and healthcare professionals. All materials were provided in English, Arabic, Chinese, French, and Spanish, with additional languages available for many resources.

With close to 100,000 views, the updated World Osteoporosis Day website provided many additional resources for visitors, including the IOF Compendium of Osteoporosis, the ‘Broken bones, broken lives’ EU report, the IOF One-Minute Osteoporosis Risk Test, the ‘Know your Risk Factors’ brochure, and the ‘Serve up bone strength’ brochure which provides information about bone healthy nutrition throughout life.

Visit www.worldosteoporosisd.org

ENORMOUS GLOBAL OUTREACH THROUGH PRESS, SOCIAL MEDIA AND VIDEO

The two press releases and related infographics were issued for WOD via PRNewswire. ‘Don’t miss the signs of a breaking spine’ was distributed globally in 11 languages, and ‘Burden of fragility fractures costing European healthcare systems unnecessary billions, new IOF report warns’ was distributed Europe-wide in 5 languages with additional country-specific press releases.

The year’s engaging, intergenerational ‘game’ imagery was ideal for social media and multimedia outreach, with 2 widely viewed WOD videos and more than 4,156 impressions on IOF’s social media channels resulting from 28 WOD posts.
RECORD NUMBER OF EVENTS HELD WORLDWIDE

The WOD website features a global map which spotlights international campaigns and events, including those organized by IOF’s member network. By the end of October, more than 250 events from 60 countries had been registered - a new record which reflects a steady increase in WOD outreach. There was impressive engagement on the part of IOF member societies in all regions, with events ranging from public information stands at hospitals, schools and malls, to major press events featuring health ministers and VIPs.

GIVE PATIENTS A VOICE VIDEO CONTEST

Patient testimonies are the most powerful way to show the enormous impact of fractures due to osteoporosis on daily life. To help amplify the patient voice, IOF launched the ‘Give Patients a Voice’ video contest in cooperation with its CNS member societies worldwide. The contest called for the submission of 1-minute patient video testimonials in which patients responded to two simple questions. CNS societies from 60 countries participated by submitting 22 videos, all hoping to win valuable prizes, which included a free trip to the World Congress in Paris. The online response was phenomenal with 57,000 page views, almost 6000 people voting and more than 1000 sharing the contest online. The results of online public voting will determine the winning videos, which will be shown at the World Congress in Paris.

IOF AWARENESS TOOLS

The IOF One-Minute Osteoporosis Risk Test and the IOF Calcium Calculator are IOF’s most important and established online awareness tools for the public and people at risk.

In 2018, the One-Minute Risk Test, translated into more than 15 languages, was completed more than 52,000 times, and the calcium calculator online tool and App together had more than 100,000 views, with the App downloaded 7,694 times. These digital tools, together with a database of bone-healthy recipes, enhance the broad portfolio of educational brochures and fact sheets which are available on the IOF and WOD websites.

SESSIONS FOR SENIORS AND CAREGIVERS IN BUENOS AIRES

IOF Latin America partnered with the Agency for the Elderly of the Buenos Aires City Hall to offer Bone Health Conferences for Older Adults, educational awareness sessions for seniors (200 people, 60+ years of age), with separate sessions for caregivers in training. The participating seniors increased their knowledge of osteoporosis, while topics such as osteoporosis, falls prevention and bone-healthy nutrition, were included in the training curriculum for aspiring caregivers. It was a great example of cooperation and outreach at a grass roots level!
With more than 1 million unique visitors each year, the IOF website www.iofbonehealth.org is a respected global platform for news, information and resources about osteoporosis. In 2018, intensive work on an exciting, new website took place. To be launched in April 2019, the new website will feature clearly defined entry points and targeted information for its readers (patients and public, healthcare professionals, policymakers and members), providing concise, easily accessible resources for a global audience.

IOF also develops and maintains dedicated websites for World Osteoporosis Day, the IOF-ISCD Osteoporosis Essentials Course (with new website planned in early 2019), and the Capture the Fracture® programme.

A challenge in 2018 was the need to adapt all forms of digital outreach, and primarily the IOF database, to the demands of the new EU General Data Protection Regulations. This provided an opportunity to refresh our extensive database. IOF also launched a new monthly newsletter entitled ‘The 206’. The 206 targets specific audiences, with defined sections for Capture the Fracture updates, and member news and events. It is issued to an audience of more than 22 000 readers. IOF also issues digital webinar and meeting invitations to its healthcare professional audience and membership.

2018 was a record year for IOF videos! 42 videos were created. The videos included 23 expert interviews, 8 CNS interviews, 3 World Osteoporosis Day videos, and 8 videos to promote IOF projects and programmes such as the Calcium Map and scientific congresses.

A challenge in 2018 was the need to adapt all forms of digital outreach, and primarily the IOF database, to the demands of the new EU General Data Protection Regulations. This provided an opportunity to refresh our extensive database. IOF also launched a new monthly newsletter entitled ‘The 206’. The 206 targets specific audiences, with defined sections for Capture the Fracture updates, and member news and events. It is issued to an audience of more than 22 000 readers. IOF also issues digital webinar and meeting invitations to its healthcare professional audience and membership.

BROKEN BONES, BROKEN LIVES - A roadmap to solve the fragility fracture crisis in Europe

THE FRAGILITY FRACTURE CRISIS IN SIX EUROPEAN COUNTRIES

This important IOF report provides new evidence that the clinical, societal, and cost burden associated with fragility fractures across six major European countries (France, Germany, Italy, Spain, Sweden and the UK) remains a growing public health concern requiring urgent action.

The report ‘Broken bones, broken lives – the fragility fracture crisis in six European countries’, and its country-specific editions, were published on October 19, prior to World Osteoporosis Day. Designed in a visually impactful narrative form, the reports reveal the:

- Enormous burden of fragility fractures
- High and increasing direct and indirect costs to healthcare systems
- Massive indirect economic burden and non-economic burden
- Significant economic and clinical benefits of FLS

Importantly, the summary report and country-specific editions serve as roadmaps to assist policymakers in reducing the number of fractures and their impact on patients and their healthcare systems.

The epidemiological research study underpinning the reports was led by an IOF Steering Committee comprising Professors J. Kanis (Chair), E. McCloskey, N. Harvey, K. Javaid and Dr F. Borgström. The findings and country reports were reviewed by an IOF Consultation Panel representing CNS member societies in the six countries.

Hosted on a dedicated page of the IOF website, the reports were launched and disseminated through international press releases, with messaging enhanced by concise slide kits, attractive infographics, and extensive social media outreach. A CNS Toolkit was provided to assist local societies with national dissemination.

### EFFECTIVE MANAGEMENT IMPROVES OUTCOMES AND REDUCES COSTS

**MASSIVE TREATMENT GAP**

60–85% OF WOMEN DO NOT RECEIVE TREATMENT FOLLOWING A FRACTURE

**FRACTURE LIAISON SERVICES (FLS)**

- cost-effective care delivery model to IMPROVE OVERALL OUTCOMES & REDUCE COSTS

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<th>EFFECTS of FLS (absolute change)</th>
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<td>BMD testing</td>
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### OSTEOPOROSIS PREVALENCE IN ADULTS AGED ≥50 YEARS IS CONSISTENT ACROSS EUROPE

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<td>Italy</td>
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<td>Spain</td>
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<td>UK</td>
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IOF GLOBAL MAP OF DIETARY CALCIUM INTAKE

The launch of a new online interactive map in April 2018 revealed wide global variation in calcium intake, with very low intakes found in the world's most populous countries. The new educational resource is based on a Working Group study of 2017 which was published by an IOF Steering Committee comprising B. Dawson-Hughes (Chair), E. Balk, P. Ebeling, A. Mithal, R. Rizzoli, P. Clark, C. Zerbini, and C. Cooper (ex-officio). The Map aims to mobilize health care authorities to develop appropriate strategies to address low intake of this important nutrient, especially in regions where levels are critically low.

Resources developed by IOF to enhance outreach about the Map’s findings include 12 videos featuring expert interviews in 7 languages, a fact sheet, infographic, and slide kit. An international press release issued in English, Spanish and Portuguese, resulted in potential outreach to 234 million people.

Dissemination of the map findings, with the valued support of IOF RAC members and the Steering Committee, took place at meetings worldwide, as well as via video interviews with Key Opinion Leaders. A special Symposium was held at the World Congress in Krakow and a CNS session held at the Asia-Pacific Regional Conference in Sydney. Speakers also discussed findings during scientific meetings in India, China, New-Zealand and throughout Latin America. Outreach was also reinforced via a webinar led by E. Ebeling and through the IOF Nutrition and Bone Tour in Latin America, attended by nearly 200 healthcare professionals in 3 cities and reinforced via a webinar led by E. Ebeling and through the IOF Nutrition. The regional outreach has successfully focused on the implications of low calcium intake in the Asia-Pacific and Latin American regions, looking at potential strategies to improve calcium intake within the low-intake countries.

Global interest in the Calcium Map has drawn a broad audience to the IOF website, which saw a peak number of views of its calcium-related pages (more than 240 000 views), and more than 1500 downloads of the calcium map infographic, fact sheet and slide kit.

IOF COMPENDIUM OF OSTEOPOROSIS

This authoritative IOF reference serves as an advocacy tool targeted to government representatives, healthcare professionals, and policy makers. The Compendium provides a comprehensive yet concise overview of osteoporosis as a disease, the burden of fractures on the individual, prevention strategies, latest treatments, global and regional epidemiology, and socioeconomic costs worldwide. Importantly, it also outlines a ‘blueprint’ for priority actions needed to tackle the global fragility fracture epidemic. The Compendium is available in 5 languages and was launched concurrently with a policy toolkit to aide national societies in their advocacy efforts. Already downloaded more than 11 000 times, this important reference will be updated periodically, with a second updated and expanded edition planned for World Osteoporosis Day 2019.
IOF GLOBAL PATIENT CHARTER

IOF launched this important advocacy tool in 2017, which has been endorsed by 89 international organizations to date, including 85 CNS member societies. The Charter, developed in cooperation with IOF member societies, can be signed at www.iofglobalpatientcharter.org and printed petitions are circulated during World Osteoporosis Day by many member societies as a way of raising awareness. By signing the Charter, signatories are effectively calling on health authorities to address the rights of patients worldwide to have access to timely diagnosis; effective intervention and care; involvement and choice in management plans; and support to ensure active, independent living.

IOF REGIONAL AUDITS

The 2018 ‘Broken bones, broken lives’ report for 6 major European countries is the latest of IOF’s influential regional reports. Published by IOF in cooperation with its regional members, the Audit reports have been widely disseminated and are oft-quoted sources of information about regional specificities regarding fracture epidemiology and burden. Reports for the EU, Eastern Europe & Central Asia, Asia-Pacific and the Middle East & North Africa are available on the IOF website.

IOF-ISCD-AFOS REGIONAL ALLIANCE

At the Asia-Pacific Regional Conference in Sydney, IOF, the Asian Federation of Osteoporosis Societies (AFOS) and the International Society for Clinical Densitometry (ISCD) celebrated the launch of a new regional alliance in which the three organizations pledge to collaborate on a common platform to achieve their respective missions. The Alliance will serve to harness synergies and offer a platform for collaboration on relevant initiatives for more effective outreach in the Asia-Pacific region.

ASIA PACIFIC FRAGILITY FRACTURE ALLIANCE

In Sydney on November 29th, IOF hosted the launch of a new ground-breaking multi-stakeholder alliance comprising these four regional and three global representatives drawn from the osteoporosis, geriatrics, orthopaedics and rehabilitation sectors: AFOS, AOSPRM, APGMN, APOA, FFN, IOF, and ISCD. The Alliance will focus on improving acute fragility fracture care, subsequent patient rehabilitation, and secondary fracture prevention in the Asia-Pacific region, which is the most populated and fastest ageing region of the world.

Representing a network of more than 2 000 organizations in 170 countries, the Non-Communicable Disease Alliance (NCD Alliance) aims to prioritize non-communicable diseases within the global health agenda. As a member of the NCD Alliance Supporters Group, IOF represents the bone field within the Alliance, seeking to raise the profile of musculoskeletal disorders within the NCDs and as a priority healthcare issue. IOF has been represented on NCD Alliance digital platforms and has participated in targeted activities.
### COMMITTEE OF CORPORATE ADVISORS

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### CORPORATE PARTNERS

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A note of thanks to our 2018 interns: ALEXANDRA KINDER (Communications Intern), CANDICE GALÉ (Science Intern)
Our vision is a world without fragility fractures in which healthy mobility is a reality for all.